

Self-Help *for Women*

In this workshop, we will discuss vaginal and cervical health in an attempt to de-mystify how our bodies work, particularly our genitals and our reproductive organs. We will demonstrate cervical self-exam and explain how pap tests and vaginal cultures are done. We will also present some simple alternatives to standard medical treatment of vaginal infections and cervical problems, including abnormal pap smears.

▶ *Date:*
Time:
Place:



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